

PERSONAL PROFILE SUMMARY WORKSHEET



USING YOUR 7 STORIES, LIST UP TO 10 CHOICES FOR EACH CATEGORY:

MY KEY MOTIVATORS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MY FAVORITE SKILLS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MY PERSONAL VALUES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



MY CORE STRENGTHS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MY FAVORITE AREAS OF INTEREST (family, science, helping others, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

NOTES: Use the space below to note any other pertinent insights revealed by this exercise. For example, perhaps you noticed that many of your happiest moments were connected to being outdoors, or that you produced some of your best work when surrounded by creative thinkers.
